

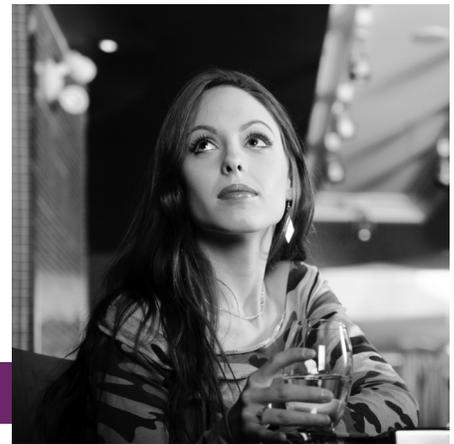
### Before You Get Pregnant...

#### Take care of your own health

- If you have more than 7 drinks a week or more than 3 drinks on any one occasion, you may be putting your health at risk.
- Risky drinking can lead to injury, sexually transmitted diseases, or unwanted pregnancy.
- If you accidentally get pregnant, risky drinking can cause serious problems in a developing baby.

### Plan to Have a Healthy Baby—Don't Drink Alcohol

- Drinking when you're pregnant can cause serious health problems for a child.
- These problems can include brain damage, growth problems, mental retardation, or behavior problems.
- The best time to stop drinking is when you decide you want to have a baby.
- There is no known safe amount of alcohol when you're pregnant, and there is no safe time to drink if you're pregnant.
- *All* types of alcohol—even wine, wine coolers, and beer—may put your developing baby at risk for harm.



### If You're Still Drinking...

#### Don't get pregnant—use contraception

- If you want to have a baby, the best time to stop drinking is before you get pregnant because you may be pregnant for several weeks before knowing it.
- Don't take a chance. If you're still drinking, use birth control effectively every time you have intercourse and don't become pregnant.
- If you want to have a baby, the best time to stop drinking is *before* you get pregnant. Ask your doctor for help.

### If You Want to Stop Drinking...

#### Ask your doctor

- Work with your health care provider to set a goal for cutting down and eventually quitting.
- If you need extra help, your health care provider can arrange for you to visit a specialist.
- Even if you've tried to stop drinking before, try again. Don't give up. Many people quit for good after trying one, two, three, or more times before.

Adapted from:

*How to Have a Healthy Baby: Be an alcohol-free mother-to-be.* <http://www.samhsa.gov>.

*Think Before You Drink.* <http://www.cdc.gov/ncbddd/fas/faspub.htm>.